

PREGNANT WOMAN

Assessment Questions

Subjective Questions (open-ended)

1. Purpose of Question- build rapport, solicit concerns/feelings about pregnancy.

Question: How are you feeling? Or How are you doing?

Free form answer

2. Purpose- find out about symptoms/relief, resources needed, education desired?

Question: What concerns would you like to talk about today?

Free form answer

3. Purpose: get overall perspective of nutrition intake; assess any inappropriate practices (425/411, raw foods); address both foods and fluids; what does mealtime look like (table, in front of tv, together, fast food, etc.); their own assessment of nutrition status

Question: Can you walk me through what you eat and drink in a normal day?

Free form answer

4. Purpose: ability to access (referrals to food bank, SNAP) and prepare meals; food insecurity

Question: Do you feel like your family has enough food? Are you able to cook and store food OK at home?

Free form answer

Objective Questions

5. Purpose: identify medical issues for risk code assignment, referrals, food package tailoring.

Question: Do you have any diagnosed medical conditions? Any dental problems?

Free form answer

6. Purpose: Identify inappropriate nutrition practices for education, risk assignment and referral. Also assess drug use, anything being taken that could be harmful (herbs, meds, etc.)

Question: Is there anything else that you take (such as supplements, herbs or medications), or anything else you do regularly that may impact your baby (chew tobacco, smoke marijuana, etc.)?

Free form answer

Staff Assessment/Plan

7. Assessment of growth (need to reference grids, please note trends, concerns, if WNL, etc.).
8. Nutrition education provided (select topics, add any other topics later)
9. Review of risk codes (any back up documentation, such as for inappropriate nutrition code, medical dx, nutrition impact of dx, etc.)
10. Participant Centered Goal Set is...
11. Referrals provided (select from list, if not there please add in later note)
12. Plan for next visit (education to provide, format, timing, etc.)
13. Free form notes